



VERMONT VETERANS' HOME

VOLUME 10, ISSUE 30

AUGUST 2018

The BUZZ WORD



A beautiful summer evening
for an outdoor concert!



VERMONT VETERANS' HOME

Fulfilling the Promise

The Vermont Veterans' Home was established in Bennington in 1884. It is governed by a Board of Trustees appointed by the Governor. The VVH offers a complete range of specialized care services for its residents. VVH goals focus on insuring the dignity, independence, and the highest possible care and quality of life for each resident.

VVH is licensed to meet all levels of care for its residents and the VVH's departments and staff work together to provide those levels of care.

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<http://vvh.vermont.gov>

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From the Administrator... Melissa Jackson



Well the Dog Days of Summer have sure shown their teeth this year. Despite the days of oppressive heat life continues as normal here at VVH. Our Maintenance staff has worked hard to keep the building cool and the grounds looking great. Our laundry staff has braved the heat and humidity without complaint all while ensuring our Veterans and Members laundry service is uninterrupted.

We had our annual unannounced inspection from Licensing and Protection the week of July 15th. They arrived late afternoon on Sunday the 15th and exited on Thursday the 19th. We have some areas to address including ensuring certain paperwork is in the chart and closer monitoring of medication expiration dates. No direct care issues were found.

Our summer activities are in full swing. In July we had a band concert, the Veterans Motorcycle Ride and the VFW Picnic. August has numerous events planned as well. I hope to see you at these events.

Melissa A. Jackson, BSW, LNHA
Chief Executive Officer
Vermont Veterans' Home
www.vvh.vermont.gov

SMOKING POLICY

Per State and Federal Regulations all Veterans and Members who smoke at VVH must have a smoking assessment completed. At no time may a VVH nursing home resident keep a lighter, matches, etc. in their rooms. These must be kept with their nurse. Cigarettes may be left with the Veteran or Member as outlined in their smoking assessment. Please check with your loved one's nurse prior to leaving any cigarettes in their rooms.

ATTENTION: NEW MEDICARE CARD ARRIVING IN 2018

In an effort to help reduce identity theft, the federal government is removing social security numbers from Medicare cards. The new cards will have an individual identification number. It is very important the facility receive a copy of this new card to ensure timely and accurate billing. **Please drop off or mail a copy of the card to our Finance Office.**

**On behalf of the Veterans/Members, we
sincerely thank the following for their
generous donations:**

Castleton American Legion-
Auxiliary Post 50
Art Charron & Charles Boyle-
The Bennington Elks
James L. Fitzgerald MD.
Anne Ogen
April Erwinski
Bill Basso & Tom Guinivan-Vermont State
Fraternal Order of the Eagles
Robert Hovran—State Line Car Club
Anna Carmichael—Craft Fair
Debra Lyon
Rita Allard
Gary Moore
Nathalie Caler—Helping Hand
Ed Maroney Willy's Variety
Mary Ryan & Ryan Trimble
Adam Burritt & Roger Hooper—
American Red Cross
James Meaney
Janet & Guy Nido
Donna Young
Dept. of VT Auxiliary VFW
American Legion Auxiliary VT
Mr. & Mrs. Rodney Sherman
American Legion Riders Dept. of VT
American Legion Auxiliary Unit 50
Montpelier Post #3 American Legion
B.P.O.E. 567
Pownal American Legion-
Auxiliary Unit 90
Phyllis & Rhonda Roberts
DAV Auxiliary Bennington Chapter #4
Julie McCarty-VFW District 4
The Craft Team-Missionary Alliance Church
Renee Zobel
Sharon Corey

Events Calendar

August:

8-The Harmonic Duo-6 p.m.-Front Porch of
the Old Soldier's Home
17-USS Bennington Visit and indoor picnic.
18-Band Concert Waltham American Legion
Band-2p.m.

In Memory of Regan Shultz

Virginia Couch

In Memory of Arnold Young

Kathleen Haynes
Mr. & Mrs. Winthrop & Rhonda Roberts

In Memory of John Heald

American Legion Dept. of VT

Show your Support at the VVH Apparel Store!

Ornaments-\$8	T-Shirts-\$15
Small Totes-\$15	Sweatshirts-\$25
Large Totes-\$20	Zip Hoodie-\$35
Baseball Cap-\$20	Sweatpants-\$20
Winter Hat-\$12	Scarf-\$12
Wind Breakers	
Unlined-\$23-\$27	Lined-\$27-\$31
VVH Pens-\$3	
Post Cards-Free	



THE BUZZ WORD

Three ways for you to receive the Vermont Veterans' Home monthly newsletter:

- ♦ Vermont Veterans' Home website:
www.vvh.vermont.gov

Click on About Our Home
Click on Newsletters

- ♦ Email
- ♦ Mailing List

To be added to our lists please contact:

The Buzz Word Editor
Vermont Veterans' Home
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VVH WISH LIST

Pinball Machine/Game
Air Hockey Table/Game
Neck Pillows
Body Pillows
I-Pods & I-Tune Cards
CD Players
Newspaper Subscriptions
Costume Jewelry
Stamps
(New) Men's Belts and Suspenders
Earphones for TV and Music
Outdoor Benches

Your donations are gratefully accepted. Please make check for monetary donations out to Vermont Veterans' Home:

Vermont Veterans' Home
Business Office
325 North Street
Bennington, VT 05201

THANK YOU

HONORING THOSE WHO HAVE SERVED

DONATION INFORMATION

Your donations are gratefully accepted. Please make check out to Vermont Veterans' Home:

**Vermont Veterans' Home
Business Office
325 North Street
Bennington, VT 05201**

Please indicate to which fund(s) you are donating:

Members Assistance:

Directly to Veterans/Members
Furniture, Haircuts, Clothing
Other personal needs

Namaste Program Fund:

Oils for relaxation
Supplies, Equipment

Unrestricted Fund:

Facility equipment
Large purchase

Activities Fund:

Entertainment

Music & Memory Fund:

iPods, Headphones, iTunes cards

NEW: Veteran's Mobility Trail

Monetary donations toward
a paved walkway around
the perimeter of the VVH

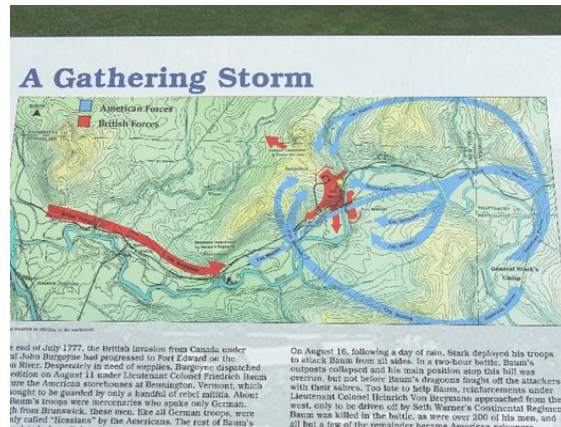
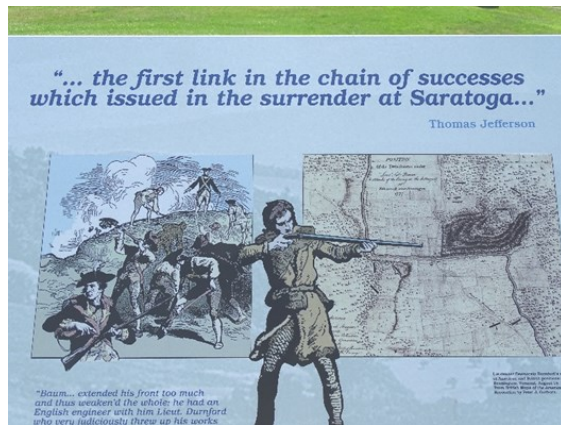
PLEASE NOTE:

**** We will NOT be accepting
books, magazines, VCR tapes or
clothing at this time. THANK YOU
to all who have donated to our
Veterans at VVH.**

Travels with Steve

Dear All,

My travel for this month is a bit closer to home. I took a trip over to Walloomsac, New York to the Battle of Bennington site. Rather impressive area and I can only wonder what it was like on that 16th Day of August in 1777. There were about 2,500 U.S. and Vermont Troops against 1,490 British, German, and Indian troops. To rally the troops, General John Stark of the Continental Army told them, "There are your enemies, the Red Coats and the Tories. They are ours, or this night Molly Stark sleeps a widow." At the end of the Battle, the British losses were 207 dead and 700 captured. American losses included 30 Americans dead and 40 wounded. The captured British troops were first kept in Bennington and then eventually marched to Boston. As another fact, there is the firing of the Molly Stark Cannon which is the oldest firing cannon in the United States, every 4th of July in New Boston, New Hampshire. Cast in 1743, it is 275 years young.



Since last month was the 4th of July, there were fireworks galore. I cannot think of any other country that celebrates national holidays the way we do. My eldest daughter in Boston sent me a picture from the Boston Historical Society on July 3rd. It was a picture of a letter that John Adams sent to his wife Abigail on July 3, 1776, 242 years to the date. He wrote the following to her as it relates to Independence Day, "...I am apt to believe that it will be celebrated, by succeeding Generations, as the great anniversary Festival. It ought to be commemorated, as the Day of Deliverance by Solemn Acts of Devotion to God Almighty. It ought to be Solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more." I will remember those words every time I see fireworks, especially on the 4th of July. I cannot view fireworks the same again.

Interesting that John Adams and Thomas Jefferson both passed away on the same day, July 4, 1826, the 50th Anniversary of the Declaration of Independence. Adams' last words were, "Jefferson survives", not knowing that he had passed earlier that morning. Jefferson, who had not been feeling well for a while, willed himself to live until he could "breathe the air" of the 50th anniversary. Little did John Adams know when he spoke those words that Jefferson still lives today, in 2018.

Enjoy the Battle of Bennington festivities later this month!

God bless each of you and God bless America.

Steve



VVH Veteran's Motorcycle Run!



We at VVH want to Thank everyone who participated in the ride. We hope to see everyone again next year!

Thank you FOR YOUR SUPPORT



Ice Cream

for our 5 Star Staff

Thank you for all of your hard work and making VVH a Home!





From Deputy Administrator—Colonel Al Faxon

Vermont Veterans' Home family and team, it continues to be a busy summer! Picnics, car shows, public concerts, motorcycle Veteran's Run, Military Service Birthdays, and more... Awesome! Almost all of the events listed above are supported in some form or fashion by our tremendous community. They do this for us because of you, the special people that live and work here... hopefully you feel good about that.



As you read this, we are attending the National Association of State Veterans' Homes Summer Convention in San Antonio, Texas. It presents a valuable opportunity to associate with those from other State Veterans' Homes; it will be a time to learn and share our experiences, challenges, and solutions.



The Vermont Veterans' Home looks remarkable this time of year, with its extensive property, deer park, War Memorial, trout pond, athletic fields, etc... It is truly the "Gem of Bennington" as Col Joe Krawczyk, Chairman of the Board of Trustees, has stated on many occasions.

Thus, I would like to acknowledge all of you who maintain the grounds of our wonderful home in the manner you do. Anyone who visits our property for the first time is awed by the landscaping and beauty of the surroundings. To our Environmental Department, you do an amazing job maintaining the property and keeping the grounds trimmed and spruced up, and I recognize this effort is never-ending.

Therefore... for all of us living, working, or visiting the Vermont Veterans' Home... I thank you!

Semper Fi
AF

TWIG REMEMBERS... Laura Loso

It was Calvi's Dairy Bar, then Kandi's Korner, and then Babe Minard's Snack Bar (in Rutland where the KFC stands) when daughter Laura and her husband, Larry, took over. Laura was this pretty little lady who always looked 20 years younger than her actual age. There was a good crew of guys of all ages who hung around the place to have fun kidding with her.

One day, she was down and out and told me that her two boys needed one more year of band and their instruments would be paid for. She said she had asked everyone and nobody could help. "I can." She said "No, you can't." I said, "Spell my last name... there is no "T" – Don't tell me I can't do something."

I went to my friend, Ray Pierce, who was director of the grade school band and told him of my plan. He lent me one of the extra trumpets Ellis music allowed him to have. My older brother had been good on that instrument and he taught me the scale.

One day at the Loso house, I found Darren at home. I played the scale and told him I wanted help with a few Christmas songs. We started in. His brother Jody came in and went up and brought down his trombone. He brought in his friend, Colin Hurlburt, another trombone, and then one of them brought Danny Sbardella, who spent a lot of time with his Gramma (Minnie) who lived three houses up the street.

We had six songs down pat, so I hooked up with the two local convalescent homes for early concerts. Telling my friend, Rube St. John, owner of "The Promoter" newspaper, he wanted a concert for the Rotary Club for their last meeting before the holiday. Six songs. Now I was going to do something special for the finale and show off our ace trumpeters and also give those trombonists a few good slides. The Rotarians ate it up, especially the finale – a super duper jazzed up version of "The Saints Go Marching In".

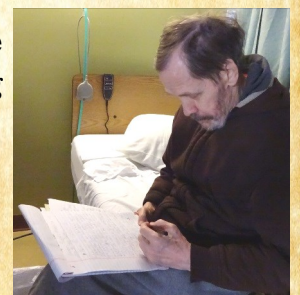
Fred Smith, owner of The Somewhere Restaurant, was telling everybody that I was the music teacher at the high school. I was going to Castleton State as a business major, but my part time job was custodian at the high school. People would ask how I liked my job at the high school... "Ok. I love it." Was always my answer. They thought I was "Music Man" for a couple more years.

Well, things worked out for everybody. Ray Pierce got his two ace musicians back, and Laura got her instruments to keep. I want to note that Danny Sbardella went to live in New York City and has been playing trumpet in some of the top jazz bands in the world.

I was shocked when Mickey Myron (his grandpa Babe's name) told me that his mom thought the world of me, and added there wasn't a thing in the world that I couldn't do once I set my mind to it.

God Bless my good friend, Laura Loso.

You get what I mean... "Twig Remembers"



Robert "Twig" Canfield

Patriotic Music- Great Evening



Eagles Band Concert

“Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything”. ~ Plato



We at VVH want to give a **HUGE THANK YOU** to the VFW for putting on the BBQ/Picnic for our Veterans and Members. It was a beautiful day and what a way to beat the heat than with cold drinks and great food!



Chaplain's Corner

Dear VVH Friends,

The Psalmist has declared- *"It was you who set all the boundaries of the earth; you made both summer and winter."* Psalms 74:17

We have gone through some "dog-days" this summer for certain! We are assured in Holy Scripture that just as autumn follows summer so too winter and spring will come. In that great grand circle of life God has set all things in order. This is a busy time for many, it is a time when many long-neglected household projects are at last attended too. Recently, I ran across a little-known incident in the history of the Second World War. On the 24th of July 1942, U.S. submarines begin operating in the Kurile Islands. These far-off islands of Alaska were probably not in the forefront of most American's minds at the time and yet this was the beginning of much greater things for this country and the world. Many great endeavors start with those things carefully considered and faithfully done. How often in life do we forget or neglect those "little things."

You and I need to take stock of the "little things." We need to take interest in those little things. And most importantly, we need to take joy in little things! Grace Noll Crowell expressed this so very well in the following poem entitled I Have Found Such Joy:

I have found such joy in simple things;
A plain clean room, a nut-brown loaf of bread,
A cup of milk, a kettle as it sings,
The shelter of a roof above my head,
And in a leaf-laced square along a floor,
Where yellow sunlight glimmers through a door.

I have found such joy in things that fill
My quiet days; a curtain's blowing grace,
A potted plant upon my window sill,
A rose fresh-cut and placed within a vase,
A table cleared, a lamp beside a chair,
And books I long have loved beside me there.

May you find joy in the "little things," the everyday blessings, and the beautiful world around you each and every day!

Grace and Peace,
Chaplain Richard

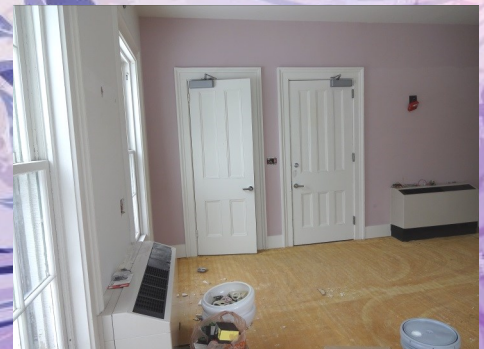
Airsoft is just another great way we get to have our Veterans outside and enjoying the sunshine!



The GUEST ROOM

We wish to extend a huge **THANK YOU** to Joyce Heald, Tammy Heald-Boire, Faye Heald Colm Asop, Steve Greenslet, Don Tetreault, Steve Luke, Sandra Luke, and Tom Stowe for attending the Guest Room Dedication to John Heald.

As many of you know we here at VVH were renovating our guest room! We would like to showcase for you some of the before, during, and after photos; also photos taken during the dedication ceremony.





Antibiotics and food safety

Few people carve up their steak while thinking to themselves “I wonder how many antibiotics this cow received?” Although most of us aren’t aware of it, agricultural use of antibiotics is widespread, and the effect can be seen in the food we eat. Animals can carry harmful bacteria in their intestines and when they are treated with antibiotics the balance of bacteria is shifted toward the resistant ones. So, when an animal has a bacteria such as Salmonella or Campylobacter in their bowel, only the resistant strains survive the use of antibiotics and then they multiply, overwhelming other strains of bacteria. During processing of the meat, the bacteria can contaminate what eventually ends up on the grocery shelves.

The good news is that there are ways to help protect you and your family from food-borne illness. The website foodsafety.gov reviews the Clean-Separate-Cook-Chill approach to avoiding illness.

- Clean-Wash your hands for 20 seconds with soap and water before food preparation. Wash utensils and surfaces after each use. Wash fruits and vegetables before using, even if they have peels.
- Separate-Separate meat, poultry, seafood and eggs from other foods in grocery bags and in the fridge. Use separate cutting boards and plates for produce and for meat, poultry, seafood and eggs.
- Cook-Use a food thermometer to be sure the meat gets hot enough to kill harmful bacteria when cooking in the kitchen or on the grill. Keep cooked foods at 140 degrees or above because bacteria grow more rapidly as food cools down. Microwave food to at least 165 degrees.
- Chill-refrigerate perishable foods within two hours, or one hour if it is 90 degrees. Thaw food in the fridge, in cold water, or in the microwave. Don’t thaw or marinate food on the counter where bacteria grow much quicker. Know when to throw food out; you can’t tell just by looking or smelling. There is a **Safe Storage Times** chart on foodsafety.gov to help you know when food is no longer safe to eat.

Enjoy the rest of the summer and all the great food that it brings!

Peter King M.D.

Vermont Veterans’ Home Medical Director